

# FEELING GOOD

Wean yourself off junk food, eat yourself younger and how to supercharge your workout EDITED BY PERRI LEWIS



## FEED YOUR FACE

Believe it or not, it's food, not face creams, that naturopath and herbalist Elizabeth Peyton-Jones recommends for looking as young as you feel. Her new book *Eat Yourself Young* (Quadrille) is her manifesto for an alternative, holistic approach to anti-ageing, full of easy-to-follow ideas on how acidity and hormones can age your body, and practical advice for what to eat more and less of. Perhaps surprisingly, it's the basics that get a starring role: garlic, lemon, turmeric and beetroot are some of her favourite 'youthing' foods.

## HOW TO SUPERCHARGE YOUR WORKOUT

To maximise your workout without any extra time in the gym, make these three easy switches, says Nicola Addison, personal trainer at Eqvvs (eqvvs.com).  
■ Try a circuit training class for a refreshing change. Unlike dance, yoga or aerobic classes, you'll

experience a mix of cardio, weights and core work.  
■ Forget sit-ups. If you want to work on your stomach and build core strength, you're far better off doing the plank for 30 seconds a day instead.  
■ Don't run for 20 minutes at the same pace as it's not a

very effective workout. Alternate walking with sprinting in equal ratios – up to three minutes each, instead – but don't go any higher than that. You'll soon get used to your heart beating faster, and it makes the time you spend in the gym pass more quickly.

## SCENT TO BED

Steal a few minutes before you slip into bed to enjoy the heady jasmine scent of Suti Nourish Face Oil For Night £28/30ml (nutribeautyproducts.com). Featuring patchouli, sesame and bergamot, and the oils of avocado, macadamia nuts and argan, this organic blend helps relax the mind while revitalising, plumping and healing dehydrated skin.

## LAUGH HEARTILY

Add a comedy or two to your LOVEFiLM list this month. Experts have discovered that watching a comedy is better for your heart than watching a drama, war or horror film (genres that cause the blood vessels to contract, and lessen the blood flow). Anyone for *Life Of Brian*?



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